

## Recreation Services

Being able to belong in a group, share common interests and develop social connections is important to health and wellbeing. Our recreation programs support people of all ages to fulfill these needs and have a lot of fun at the same time!

### Overview

Interchange Outer East (IOE) offers a variety of age and interest based recreation programs throughout the year that aim to enhance social opportunities and diversity of experience for children and young adults with disability, while providing opportunities for respite for parents, carers and siblings.

There is a huge variety on offer throughout the year including weekend camps, midweek holidays, markets, movies, sport, music, theatre, local events, road trips, restaurants, beaches, snow, playgrounds, overseas and interstate trips...and much more. There is sure to be something to interest everyone who is keen to get involved and have some fun.

While structured age based programs run on weekends, school holidays and evenings, interest based small groups can also be tailored in response to participants goals. If participants have a small group of friends with a shared interest, once-off or regular camps and/or activities can be tailored to the needs of the group. This service is managed by provision coordinators at the respective service hubs - Knox, Maroondah and Yarra Ranges.



“

*Thank you for making our son's dream come true. I am forever grateful to see him interact with others, joke, have fun and come out of his shell! ”*

- Alex, IOE Parent



## Recreation Services



### Recreational and social opportunities for children and adults with disability

Offering a wide range of engaging, fun and social opportunities for people to develop their interests and connect with their peers and community.

#### Interchange Outer East

5-7 Yose Street, Ferntree Gully Victoria 3156  
(03) 9758 5522 | [ioe@ioe.org.au](mailto:ioe@ioe.org.au) | [www.ioe.org.au](http://www.ioe.org.au)  
Your local NDIS registered service provider

## Adult Recreation Programs

**Adult Rec** - A range of exciting weekends away and day & evening activities in small groups traveling by public transport when possible. Activities include concerts, theatre shows, sporting events, music festivals and weekends away in the city, beach and country towns.

**After Work Social Club** - Regular social groups running on Thursday and Friday nights after work with regular support. Activities are planned by the group with an aim to strengthen social connections and have new and exciting experiences.

**Supported Holidays\*** - An opportunity to follow your dreams and travel to exciting places, both overseas and interstate. These holidays are open to both participants and their families and are customised to meet the requirements of the group with support from staff and volunteers.

**Hills Groups** - For those living a little further away in the hills region, set groups that get together on weekends with regular support. Activities are planned by the group to help build friendships and have new and exciting experiences.



## Children's Recreation Programs

**School Holiday Program** - A range of camps and day activities for school aged children over each school holiday period, with support from staff and volunteers.

**Casual Childrens Rec** - A range of exciting weekend camps and day activities for children of any age, supported by staff and volunteers.

**Permanent Groups** - Weekend day activities and camps for those who like a bit more familiarity. These groups have set staff and participants. All activities are planned based on input from the group.

**HACC Program** - Weekend and school holiday day activities and camps for those aged 5-10 who have little to no NDIS core supports. Supported by staff and volunteers. Casual groups only.

**OSHC@IOE\*** - An accredited before and after school care program based at Eastern Ranges School for its students as well as students attending Croydon SDS.

## Group After Hours Programs (GAP)

**Reactions and Reactions JNR\*** - Inclusive weekly performance groups for all, aiming to build confidence, be creative, have fun and develop a love for performing.

**Sport for Fun\*** - Weekly age based non-competitive sport skills program for everyone. Runs in three locations with support from staff and volunteers.

## Other Opportunities

**Recreation Volunteer\*** - Sign up to provide support to children on a range of weekend and school holiday camps and activities.



## Accessing Programs

Some IOE recreation programs require participants to be fully registered with the organisation. However, many (indicated with an asterisk\*) are community based programs that do not require registration. IOE wishes to advise that for this reason, people attending these programs and/or their support people may not be registered with or screened by IOE.

## Cost

The cost of accessing recreation programs is divided into support costs (NDIS or self funded) and activity expenses (out of pocket fee for participants). More information can be found in the IOE NDIS Recreation Program Costs document available on the IOE website or by contacting the Recreation Services Team.

## Contact

For more information contact the Recreation Services Team on 9758 5522 or [ioe@ioe.org.au](mailto:ioe@ioe.org.au)

Further information and online application forms are also available on the IOE website - [www.ioe.org.au](http://www.ioe.org.au)